



Keeping Contact

Newsletter of the Delaware County Road Runners Club

April, 1991

Editor: Bob Huggins President: Bill Schultz Publisher: Rita Senderoff
Submit articles for publication to: Bob Huggins, 408 Pershing Avenue,
Collingdale, PA 19023

DELCO "YELLOW PAGES DIRECTORY

In response to Amy Binder's letter to the editor regarding her frustrations with hiring a stranger to do some type of work on her house, I would like to propose that the DELCO ROADRUNNERS compile and distribute to all club members a "yellow pages" directory of our own. I, too, have experienced some of the frustrating problems Amy and others have come across in contracting outsider help.

In my early years of teaching, my teacher's association compiled its own directory. Only members or their immediate family could list in the directory. Many teachers had a summer or other part time business listed. I believe the directory was arranged by category with a small index. It was given to all the teachers in the district and proved to be so valuable, that we are currently preparing to do an update.

While we may not have known personally who the teacher was who put up cyclone fences, repaired appliances, prepared taxes, or provided child care, it felt as if we were hiring someone we knew since we all taught together in the same district. There are many people on our club who have a service to offer for hire and very few of us know what each other does for a living. Rather than hire a stranger from a newspaper or the telephone book, I would prefer to give my business to a fellow roadrunner. I'm hoping that many of you feel that way also.

I volunteer to put this directory together. If you, your spouse, or child has a business and would like to be listed in our DELCO "Yellow Pages", please send me the following information by May 1st. Whatever information I have by May 1st, I will compile it and turn it over to Bob Huggins in time for distribution with the May/June newsletter.

Name or type of business/service: _____

Phone Number: _____ Name (& if not a club member, the club member you are related to & how): _____

Brief description: _____

The business or service listed could be professional, such as a law or dental practice. It could be free lance or self employment such as hairdressing, tailoring, typing, child care, roofing, home repair, painting, landscaping, tutoring, auto repair, etc. Or, it could be just a teenager's summer job like grasscutting or pet sitting. Perhaps someone is available for part time work on a regular basis and this too could be listed. If you wish to be listed in this directory, please send the above information and/or a business card if one is available, to me at my home address.

Sincerely yours,
Linda Pollum
217 N. Princeton Ave.
Swarthmore, PA 19081
328-5669

SCHULTZ NAMED "MALE RUNNER OF THE YEAR"

The Middle Atlantic Road Runners Club (MARRC) has selected DELCO Club President Bill Schultz as its Male Runner of the Year for 1990, citing his transcontinental run and his other ultramarathon achievements. Bill Schultz is the first member of the DELCO ROAD RUNNERS to receive this distinction from MARRC. He joins Jan Yerkes, who was selected the Female Runner of the Year. Yerkes is the only runner in the history of the awards to be selected twice. Our congratulations go to Bill on yet another achievement in his long, and we do mean long, running career.

RUNNING SHORTS

* Congratulations to club members Dave Covey (3:48:04) and Tom Hirsch (4:27+) who completed the mountainous Catalina Island (California) Marathon.

THE LONGPORT 10 MILER

The Longport (NJ) St. Patrick's Day races went off on March 16 under near perfect conditions. Last year's ferocious winds gave way to a cool, gentle cross-breeze and a bright, warm sun.

This year's event featured a 1 mile run, a 5K and the traditional 10 mile, out and back along Atlantic Avenue, onto the Boardwalk in Ventnor, and a turnaround at Texas Avenue. Mike Tuohy, Jr. used his injured father's number to run the 5K, and Bill Schultz, John Greenstine and George Koerner ran the 10. Brendan Hilliard ran a sparkling 49:36 to win the event. Schultz began a fast weekend of racing with a 59:50; he'd come back with another quick time the next day at Caesar Rodney. Greenstine followed at 1:02:41 and George cruised easily with a 65+. Bob Kern, who finished third in his bracket last year, ran well but chose not to enter officially.

The races, combined with fundraising pledges, raised \$25,000 for the Atlantic City Rescue Mission. As with most Boardwalk Runners events, everyone was well fed and cared for and the Longport St. Pat's races continue to be fine, early-season time trials.

THOUGHTS FROM THE WHITE HOUSE

by Bill Schultz

*** APRIL'S BIRTHDAY BASH

*** MAY - It's coming!

*** MARCH MEETING RECAP

*** ALTERNATIVES

APRIL'S BIG BIRTHDAY BASH

Can you remember April 1972? You know, little things like:

1. What were you doing?
2. Who were you with?
3. Where did you live?

How about:

1. Your weight?
2. Your car?
3. Your job?

Time flies doesn't it! Well, believe it or not, April marks the DELCO RRC's 19th birthday! To help celebrate this passage of time, we are having our own DELCO BIRTHDAY PARTY!

DATE: APRIL 24

TIME: 6:30 5/10K Prediction Run/Walk/Bike
(Awards based on total participants)
Special presents to ALL!
7:30 Pot-luck Dinner
7:45 Meeting

WHERE: Bill Schultz's house
1105 Clifton Ave.
Collingdale, PA
534-2979

Come join us and help us celebrate this special month!

MARCH MEETING RECAP

More than 20 people showed up for the club meeting and a little March Madness at Rita Jordan's house in Media last month. Prior to

the meeting, there were several runners who followed Brian Maloy and Rita over some courses that had some "hills for the hardy".

The pot-luck dinner started at 7:30 and there was a wide assortment of "Deeelicious" entrees. The meeting got started a little later while everyone was settling down and there were several lively discussions. (Check out the minutes elsewhere in the newsletter.)

The club's official business was taken care of by 8:45 and there was still some serious eating going on as people were either working on thirds or starting on the desserts. One of the night's biggest highlights was seeing Tom Tolan take control of the dish-washing duties!

A special "THANKS" to Rita for hosting the meeting and for all those who showed up. Your participation and input is GREATLY APPRECIATED and needed!

MAY - JUST AROUND THE CORNER

There are some special events coming up in May that, if you have the time, would benefit greatly from your involvement:

*** May 4 SPECIAL OLYMPICS Summer Games. They will be held at:

Springton Lake Middle School
1900 Providence Road - Media, PA

It would be a nice way for you to rest up and get inspired for Broad Street. Volunteers are needed. If interested, please call 449-2199. Contributions can be made to the:

Delaware County Special Olympics
307 Lenox Road
Havertown, PA 19083

JUST A LITTLE BS

by Bill Schultz

- *** May 8 Mid-Atlantic TAC Meeting
Meeting is at Jefferson Park Hospital
Speakers will be:
Colleen Troy - Eating your way to win
Norm Green - The perils of masters
running
- *** May 11-12 DAWN TO DUSK ULTRAS
Volunteers are needed. Contact Bob
Huggins (563-0610) or Bill (534-2979) at
home or at one of the Fun Runs.

ALTERNATIVES

by Bonnie Muetterties

Doing anything but running to stay aerobically conditioned and strong was my only option after incurring a stress fracture of my hip while training for the Boston Marathon. I was told 3 months ago I would not be able to run for 8-10 weeks minimum. I was hoping to stay in shape for that period of time and get back on the road for the last two weeks prior to Boston and get some road miles under my belt.

Swimming, biking, and free weights were my workout alternatives but I still couldn't stay away from the races. I decided to get in the races the only way I could - on a bike. I rode the Collingdale 5 Miler and the Ceasar Rodney 1/2 Marathon. I stayed in the back of the pack until the pack would thin out and then, always being aware of the runner's right-of-way, would inch my way to the front of the pack.

Being a middle-of-the-packer, I never get the opportunity to observe the leaders in action. It was great to see close up, and for long stretches, the body mechanics, the stride, the arm swing, the breathing, the strategies, and the seeming effortlessness of those "lean mean running machines". It was both very enjoyable and educational.

Unfortunately, however, I will not be at the start April 15th in Boston this year. But, with all the alternatives for continued recovery, I'll be there next year!

What happened to Spring? It's hard to believe, but warm weather is already upon us. (Seems like it was only a few weeks ago that the temps were in the 40s.) That means that your body is going to be constantly trying to cool itself and you will be sweating that much more.

With that in mind, you might want to try and make sure you stay hydrated as much as possible. (An adult in a mild climate sweats out two or three liters of water a day!) Aside from the old standard glass of water, there are several different "sport" drinks that are now available. Exceed, ERG, and Shaklee's Performance, are just a few. The first two can usually be picked up in most athletic stores.

Club member **Brian Maloy** is a Shaklee Rep and can be contacted at 566-6429. (Personally, I have had alot of success with Performance and used it extensively on the TRANSCON.)

If your workouts are in the afternoon, like most of us, try to keep a glass of fluids with you during the day and keep drinking. (You might remember that, although a liquid, beer is NOT the right choice!)

If you're going to run longer on the weekends, you might plan your route past places where you know you can get water. Gas stations, stores, and fast-food places are good. I also like public buildings (librarys, police and fire stations) and car dealers.

Something else you might consider on long runs is carrying a bottle with you. There are several types of one and two bottle packs that you can pick. Personally, I have had trouble with straps or handles that are glued on the bottle. They tend to come unglued in the heat.

If anyone has any other suggestions on warm weather running and how to stay hydrated, please write them up for the newsletter and pass them on to other club members.

Expanded NEWSLETTER next month...maybe.

IT'S TRUE... ONE PICTURE IS WORTH A THOUSAND WORDS! ET TU, BYRON?

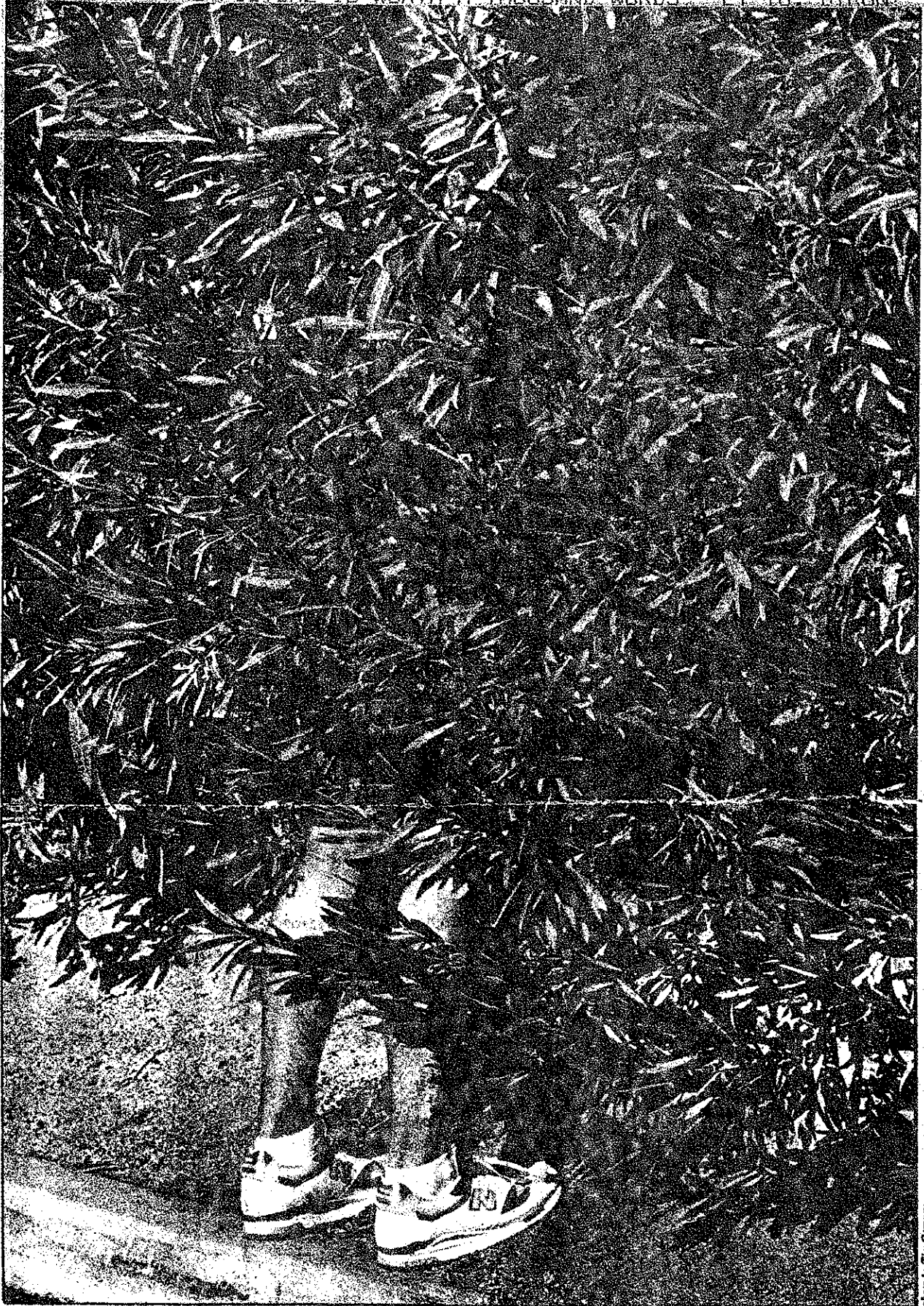


Photo by Tim Conway

MEDIA RACE DATE CHANGED

Please mark your calendars and tell your friends...the annual Media 5 Miler has been moved to Friday, June 28th at 7:00 P.M. to coincide with a change in dated of the Media Town Fair. As this race is the major source of funding for the club, we need all club member's participation... either to run the race or help out. Please let your fellow runners know of the date change as we need their support as well! A Media 5 Miler entry form can be found in this newsletter.

GOOD TIMES...BAD TIMES

By Amos Mincin

Friday, March 21, 1991 began around 4:20 A.M. like so many other days, climb out of bed, prepare to run, out the door by 4:45 A.M. But at about two miles into the training run, a runner's nightmare began. It was dark and snowing as I approached the intersection and noticed the signal light was about to turn red in my direction. I saw a police car turning in my direction but saw no other traffic. As I neared the center of the intersection, time stood still as I realized a moving truck and I were on a collision course. A moment of terror struck as I ran my left knee into the side of the truck and its movement spun me around and knocked me to the ground. Intense pain, I thought my leg must surely be broken. The truck driver stopped and came to my aid, phoned an ambulance, and with the help of another driver carried me to the side of the curb. Being optimistic I tried to stand, the left leg gave out and down I went because the leg refused to hold any weight. The ambulance took me to the hospital where I found out by x-rays that no bones were broken. Later the day, the doctor felt my swollen leg was only bruised and sprained and I may be able to run again in two weeks. Now, after nearly no running for over two weeks I am chomping at the bit to get out on the road. I say nearly no running because one week after the accident, I completed the Thomas Jefferson University Nutrathon 10K with a badly swollen left leg that didn't bend well and a stride about half the length of normal. It was strange being in the back of the pack bringing up the rear. This stubborn, perhaps foolish, effort made me feel better despite the pain in my left knee. I did manage to cross the finish line ahead of six others, perhaps they, too, had some handicap, perhaps not. I crossed the finish line with a time of 65:58 compared to last year's time of 38:33, but I felt content in knowing I went the distance and was well on the road to recovery. On April 1st, the doctor gave me the OK to resume running, and on April 7th I ran the Inglis 5 miler.

Following is a list of my P.R.'s which I hope to be able to better some time in the future as I return to 40+ mile training weeks:

January 27, 1991	Kelly Drive	4 miles	25:04
January 1, 1991	Kelly Drive	5K	18:44
April 7, 1990	W. River Drive	10K	38:33
July 4, 1989	Altoona, PA	15K	62:11
May 6, 1990	Broad Street		65:06
Sept. 16, 1990	Distance Run		84:55
Nov. 20, 1988	Fairmont Marathon		3:42:00

Dear Fellow DELCO ROAD RUNNERS:

BREAST CANCER - two words which strike terror in the hearts of thousands of women every year.* Statistics predict that in this year alone, 1 in 9 women will be diagnosed as having breast cancer. One-third of them will die. In fact, BREAST CANCER KILLS ONE WOMAN IN AMERICA EVERY FIFTEEN MINUTES! Pretty horrifying numbers!

Having lost my mother to breast cancer, I personally experienced the devastation it causes its victims and their families. On Mother's Day, May 12, 1991, the Breast Health Institute will sponsor a 1 Mile Fun Walk, a 5K Walk (3.1 miles), and a 5K Run. The 5K's will begin at 8:30 A.M. The Breast Health Institute is a non-profit organization dedicated to the prevention of breast cancer and also dedicated to finding a cure.

Men, in honor of your mothers, wives, sisters daughters, friends...please support this cause by participating. Women, for your mothers, sisters daughters, friends, and yourselves...please take part in this worthy effort. The events will commence early in the morning, which will leave plenty of time to partake of your personal Mother's Day celebration. What better way to commemorate this holiday than to help save a life!

Thank you and Happy Mother's Day! Sincerely,
Elaine D. Russell

*Men also get breast cancer, although it is very rare, and often fast-spreading and fatal.

Editor's Note: A copy of the race entry form is enclosed with this newsletter.

DELCO RRC MEMBERSHIP MEETING

Wednesday, March 27, 1991

Attendees: Bill Schultz, President
Sam Brattini, Vice President
Fred Senderoff, Treasurer
Bob Huggins, Newsletter Editor/Team Coordinator
John Greenstine, Public Relations
Tim Wade, Commissioner, Grand Prix Race Series
Rita Jordan, FRL Media
Joe Nolan, FRL Aldan
Tom Hirsch, FRL Springfield
Peggy Bobeck
Bonnie Muetterties
Linda Ciopanna
Mike Tuohy
Bob Kern
Tom Nolan
John Ashton
Frank Ford
Brian Malloy
Linda Pollum
Elaine Russell
Craig Muetterties
Tom Brazill
Mike Tuohy, Jr.

Meeting was called to order at 7:50 P.M. by President Bill Schultz. Minutes from last meeting were read and accepted as read. Sam Brattini/Fred Senderoff

Treasurer's Report/ Fred Senderoff

PSFS Account \$1766.00 to date.

Debits this month: Hats for Collingdale Race, Gestetner Repairs

Question on the warranty for Gestetner tabled til after Media race.

Newsletter Editor/ Bob Huggins

Next newsletter is out this week. Keep the articles coming and add up points in Grand Prix Race Series.

Team Coordinator/ Bob Huggins

DELCO Team - If you want to run in Broad Street Race, Bob must have your entry by April 12 with your check made out to DELCO - NOT Phila. Dept of Rec.

Old Business

Media Race/Changes have been made for equal awards for top men and women. New Date is June 28. Benefit this year is the Media Movie Restoration.

Audit/ Mike Touey OK.

Grand Prix Race Series/ Tim Wade

Question on the \$5 fee? Discussion followed - Fee will remain.

Leading Entries

John Greenstine Fun Runs

Mike Metague Race

Bill Schultz Service - Newsletter items

Collingdale Race had 196 finishers. It made a little profit-\$50.

New Business

Fun Runs/ Sam Brattini

Asked Fun Run Leaders present for an updated inventory on awards they may have. Do we want new shirts for the awards? Talk to Sam.

DELCO Directory/ Linda Pollum

Linda is working on our DELCO Directory. If you have any information contact Linda.

Jr. Olympics/ Do we have a Director?? Byron

Run For The Cure

Will be held on May 12 at 8 A.M. (Mother's Day). What better way to start the day than to run for the cure to help defeat breast cancer. There will be a 5K run and 1K walk. Take your wife out to breakfast after the race fellows!!! Elaine Russell will write something up for the newsletter.

It was suggested that we change our club name!! A change to encompass all the many things club members participate in.

Discussion - We are a running club first and foremost.

Special Olympics / May 4 at Springton Lake, Media. Needs Buddies - Volunteers. Contact Bob Kern.

Media Fun Run will start up again in April. April 12, 6:30 P.M. Friday nite at Ridley Creek State Park.

Women's Distance Festival - approximately set for Sept. 7, if we can reserve the park.

Next Meeting will be club birthday month - 19 years - Bill Schultz will host unless someone would like to hold a party for the club on April 24, just kidding.

Motion was made at 8:40 P.M. to adjourn. Time Wade/ Peggy Bobeck

Respectfully submitted,
Peggy Bobeck



12th Annual!

MEDIA TOWN FAIR 5-Miler

Brought to you by
**BUD LIGHT,
BILL BATTEY'S
&
TOWN TALK**

COURSE: Streets of Media (same as last year—counterclockwise).

ENTRY FEE: Pre-registration: \$8.00 if postmarked by **June 21, 1991**. Post-registration: \$10.00 on Wednesday, **June 26th** from 6:30 to 8:30 p.m. at Bill Battey's. **Race party following.** Race packets may be picked up at post-registration or before the start of the race.

T-SHIRTS: To the first 800 registrants.

AWARDS (presented outside the Media Armory following the race):

MEN: Overall top 10, plus top 3 in groups: 13-18, 19-29, 30-39, 40-49, 50 and over.

WOMEN: Overall top 10, plus top 3 in groups: 13-18, 19-29, 30-39, 40-49, 50 and over.

SPECIAL: First man and woman from Media Borough. All finishers 12 and under.

DIRECTORS: MEDIA MINUTES, Media Recreation Commission & DELCO Road Runners.

SPONSORS: Bud Light, Bill Battey's Sporting Goods and Town Talk.

AWARDS: Donated by Hind Sportswear and area restaurants.

PROCEEDS: All proceeds benefit the Media Theater Project.

INFORMATION: Call 566-4151

NOTE NEW RACE DATE
Friday, June 28, 1991
7:00 p.m.
Media Fire House
Front & Jackson Streets Media, PA

MAIL ENTRY NOW!
REGISTRATION LIMITED TO 800!



Make checks payable to **DELCO RRC**. Mail checks to DELCO RRC, Media 5 Miler, c/o 100 Colonial Park Drive, Springfield, PA 19064.

NAME: _____

ADDRESS: _____

PHONE: _____

AGE ON RACE DAY: _____ SEX: _____

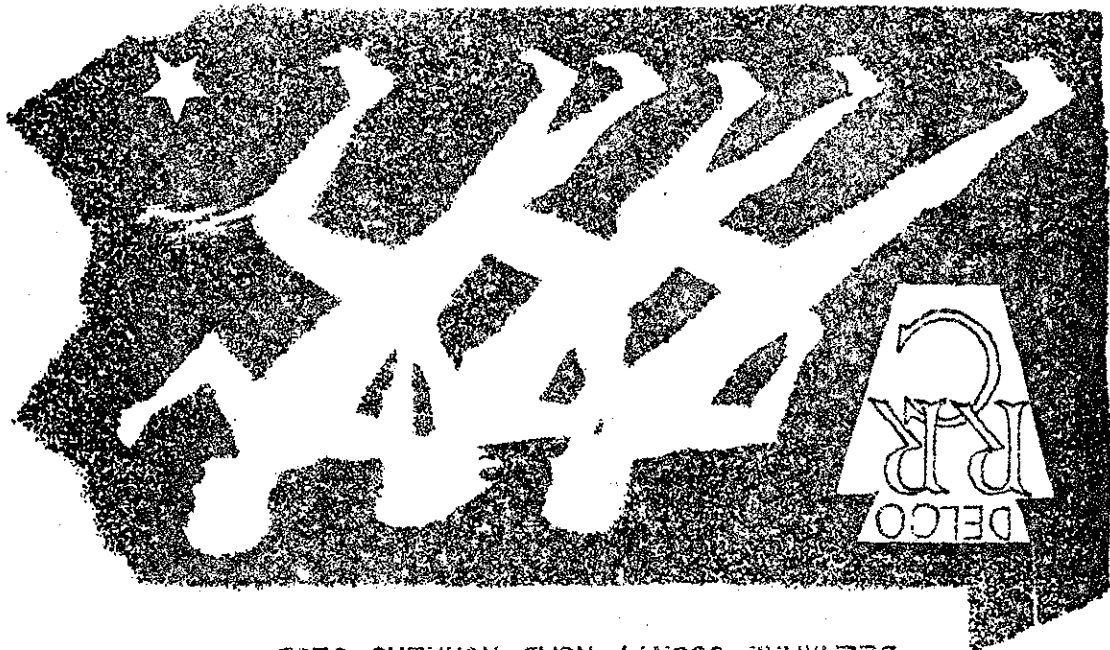
T-SHIRT SIZE: XL L M S

RELEASE FORM

In consideration of your accepting this entry and granting permission for my participation in the Media Town Fair 5-Miler, I, the undersigned, intending to be legally bound, for myself, my heirs, executors and administrators, hereby waive and release any and all rights and claims for losses and damages I may have against the Media Minutes, Delco RRC, Media Borough, the Media Recreation Commission, the Media Town Fair and all other parties and their representatives, successors, and assigns for any and all injuries suffered by me in said event. I attest that I am physically fit and have sufficiently trained for the completion of this event and my physical condition has been verified by a licensed medical doctor. Further, I hereby grant full permission to any and all foregoing to use photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose whatsoever. **NO ONE MAY ENTER THIS EVENT WITHOUT SIGNING THIS WAIVER!**

SIGNATURE: _____ DATE: _____

PARENT OR GUARDIAN: _____
(if runner under 18)



DELAWARE COUNTY ROAD RUNNERS CLUB

DELCO ROAD RUNNERS CLUB
POST OFFICE BOX 145
HOLMES, PA 19043

NON-PROFIT ORGANIZATION
U. S. Postage Paid
PERMIT NO. 3
SHARON HILL, PA 19079

TO:

RUN FOR FUN AND FITNESS